

DINNERLY



Low-Cal Tuscan Chicken with White Beans and Green Olives



25 minutes



2 Servings

Dreaming of an Italian holiday? Let this healthy, low-calorie dish take you there just for the night. Pan-fry chicken tenderloins with garlic and Italian herbs, then toss through a white bean and zucchini salad.

WHAT WE SEND

- 50g pitted green olives
- 1 zucchini
- 400g cannellini beans
- free-range chicken tenderloins
- 5g Italian seasoning ¹⁷
- 50g baby spinach leaves

WHAT YOU NEED

- 1 garlic clove
- 2 tbs olive oil
- 1½ tbs red wine vinegar ¹⁷
- 1 tsp dijon mustard ¹⁷
- 1 tsp honey

TOOLS

- vegetable peeler
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 495kcal, Fat 24.7g, Carbs 18.8g, Proteins 42.0g



1. Prep ingredients

Crush or finely chop 1 **garlic clove**. Halve the **olives**. Peel the **zucchini** into ribbons with a vegetable peeler. Drain and rinse the **beans**.



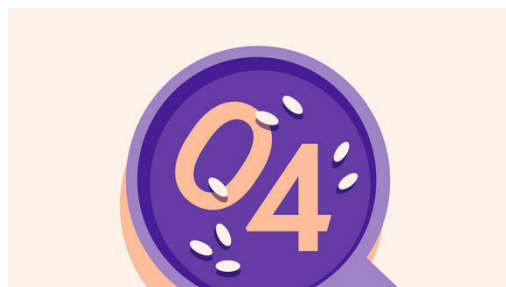
2. Marinate chicken

Put the **chicken**, **garlic** and **Italian seasoning** in a bowl. Season with **salt and pepper**, then toss to coat.



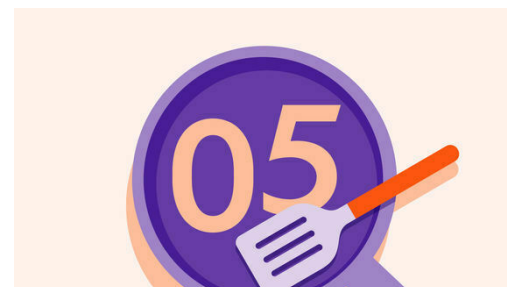
3. Pan-fry chicken

Heat 1 **tbs olive oil** in a medium frypan over medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove from the pan.



4. Make dressing

Meanwhile, combine 1 **tbs olive oil**, 1½ **tbs red wine vinegar**, 1 **tsp dijon mustard** and 1 **tsp honey** in a large bowl. Season with **salt and pepper** and whisk to combine.



5. Serve up

Add the **olives** (see Make it yours), **zucchini**, **beans** and **spinach** to the dressing and toss to coat. Thickly slice the **chicken**. Divide the **salad** and chicken among bowls and enjoy!



6. Make it yours

If not everyone in your house loves olives, simply leave them out of the salad and serve separately – or perhaps enjoy them with an aperitif while you are cooking.